A MINUTE OF HEALTH WITH CDC

Restrain Your Children

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This program is presented by the Centers for Disease Control and Prevention.

Parents, when you're on the road, help keep your kids safe by making sure they're properly buckled up. Crash-related injuries are the leading cause of death among children in the U.S. In 2009, over 200,000 kids under age 16 were injured and more than 1,000 died as a result of a crash. Proper use of safety seats and seat belts helps protect children from serious injury and reduces the risk of death by more than half. For children under age 13, the safest place to ride is always the back seat. So before you turn that key, make sure all kids are properly restrained for their age, height, and weight. It could save their life.

Thank you for joining us on A Minute of Health with CDC.

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